Our Spa Beginners Guide
What is a Spa?

Historically, the word ‘spa’ has been associated with spa towns offering natural thermal springs, cures and bathing rituals, involving locally sourced, mineral rich or effervescent waters – to consume or to bathe in – to enjoy or endure. Over time, our understanding of spa spaces has expanded to include specialist treatments and retreats from daily life, available in dedicated and shared environments that can be exclusive or sociable.

While the sociable and public have typically been associated with the everyman, those who could afford it have always had the luxury of choosing private space. But a spa is necessarily associated with the promotion of wellbeing, through an indulgence of time taken to care for body and mind, no matter where it is located, no matter who you are.

Being able to indulge in the therapeutic effects of a spa is now possible in a domestic bathroom space, at a variety of levels, all capable of forming part of daily bathing rituals that contribute to health and wellbeing. Adding spa elements helps with the daily ritual of getting ready to greet the morning as an energising experience, and with finding the relaxation necessary to provide respite, repair, and repose later in the day.

The Name

There is the evidence and belief handed down by the wisdom of the ancients for the health-giving benefits of a spa – as gifts from generations and cultures to each other. The definitions that underpin the terminology only serve to reinforce the depth of these roots and the enduring nature of these understandings.

SPA
Legend has it that the word SPA derives from the Latin denoting “health through water”: Salus Per Aquam – which gives us context from the time of ancient Rome for the belief that water used therapeutically promotes health and wellbeing.

HYDROTHERAPY
From the Greek: ‘hydro’ (water) and ‘therapeia’ (curing, healing)

NATUROPATHY
‘Nature cure’: naturopathic therapies are based on the healing power of nature.

WATER DELIVERY
The form in which water is therapeutically delivered may include:

- laminar flow (the opposite of ‘turbulent flow’: a smooth, regular flow of parallel layers, providing the effect of a ‘coating’ of water) (for water affusions)
- raindrop simulations (showers)
- mist (‘powder rain’)
- strong or gentle pressure jets (massage)
- whirlpool
- sheet or waterfall descent (showers)
- steam (steam room, sauna, hammam)
- deep soaking (bath)
- chromotherapy (colour additions with health giving benefits)

Day True Spa Portfolios:

Day True Wimbledon Showroom
Tuffnel Park
Carlton